



Spring 2026



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MyChicagoFootExpert.com

IN THIS ISSUE

- Our New Office Location
- April Focus: Why Foot Health Deserves Attention
- The Dos and Don'ts of Sports Injuries: Protecting Your Feet and Ankles
- Your April Calendar Highlights
- Recipes of the Month: Rack of Lamb & Macaroons

OUR NEW OFFICE LOCATION



Please note that our location has changed! We are so excited to invite you to our new office. There is plenty of free parking in the two lots across the street from our office building.

FEATURED ARTICLES

April Focus: Why Foot Health Deserves Attention



April is Foot Health Awareness Month, a time dedicated to recognizing the essential role our feet play in overall health and mobility. Despite carrying us through thousands of steps each day, feet are often overlooked until pain or dysfunction appears. Prioritizing foot health is not simply about comfort. It is about protecting mobility, preventing injury, and supporting long-term wellness.

[Click Here to Read More](#)

The Dos and Don'ts of Sports Injuries: Protecting Your Feet and Ankles

As winter fades and spring activity ramps up, many people return to outdoor runs, field sports, court games, and weekend recreation. With longer days and better weather comes a surge in movement, and unfortunately, a rise in foot and ankle injuries. Sudden increases in training, uneven surfaces, and sport-specific demands place significant stress on the structures that support every step, jump, and pivot.



[Click Here to Read More](#)

MEET OUR DOCTOR



STAVROS ALEXOPOULOS, D.P.M.

[Read More Here](#)

Don't Let Your Foot Pain Keep You From Enjoying Life!

Call us today for your appointment
(773) 561-8100

Hello Spring



RECIPES OF THE MONTH



Rack of LAMB

[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](#)



MACAROONS

[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](#)

YOUR APRIL CALENDAR HIGHLIGHTS



April 1-9 – Passover: For seven to eight days, all leavened products—bread, pasta, cookies, and even beer—are strictly forbidden, creating a "leaven-free" zone in homes.

April 1 - April Fool's Day: In the UK and Canada, it is traditional for pranks to stop at noon.

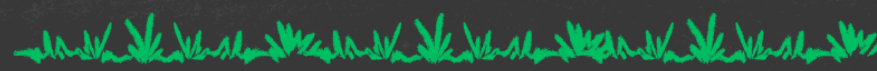
April 2 – World Autism Awareness Day: Autism affects approximately 1 in 36 children in the U.S., with boys five times more likely to be diagnosed than girls.

April 5 – Easter Sunday: In 2017, the world's largest chocolate bunny was created in Brazil, weighing over 9,359 pounds.

April 11 – National Pet Day: 26% of pet parents throw birthday parties for their pets.

April 22 – Earth Day: Organizers chose this date in 1970 because it fell between college spring breaks and final exams, making it easier for students to participate.

April 26 – Arbor Day: A mature tree can provide the cooling effect of 10 room-sized air conditioners.



MAKE AN APPOINTMENT TODAY!



Our *NEW* Office

5015 N. Paulina St.
Suite # 217
Chicago, IL 60640

Phone: 773-561-8100



Need more info?

Mon: 9:00 am – 5:00 pm
Tues: 9:00 am – 5:00 pm
Wed: 9:00 am – 5:00 pm
Thurs: 9:00 am – 5:00 pm
Fri: 9:00 am – 1:00 pm
Sat: 8:00 am – 1:00 pm
Sun: Closed

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